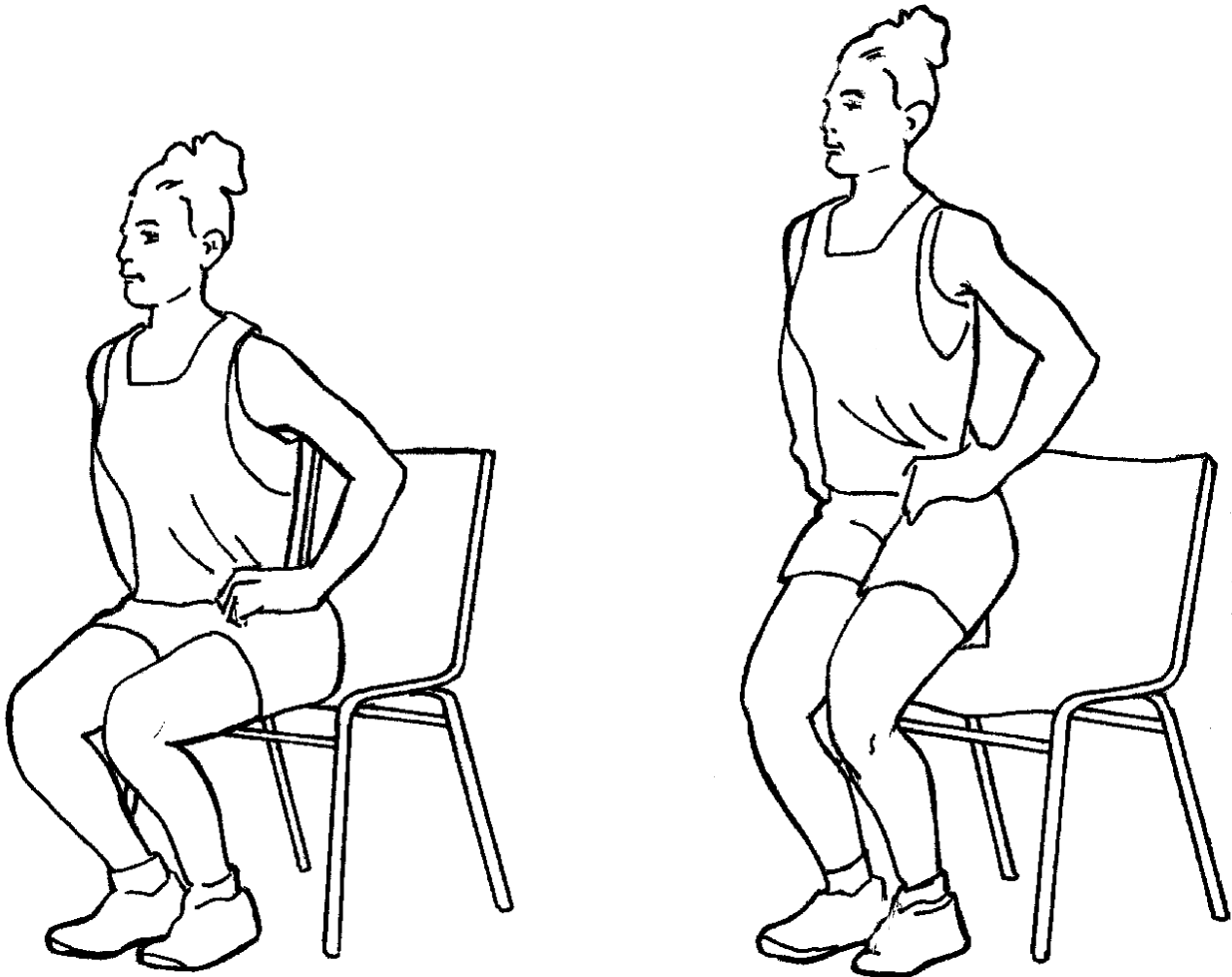


# Strength Training

## Legs



Chair squat: sit on the edge of your chair, feet flat on the floor, knees at a 90° angle. Without using your arms, slowly stand up. Slowly and carefully return to the seated position until your buttocks slightly touch the edge of the chair (DO NOT sit down). Perform 10 repetitions.